All mothers want healthy babies. We know how to help

The InSight Mentor Program offers women a three year relationship with a professional mentor who provides practical supports, connection to community resources and caring support for women to reach their goals.

WOMEN

IMPACT

Program Criteria



Pregnant or child ≤ 1 years old



Substance using

Alone

Women's Goals

As identified throughout the program



Housing



Basic Needs



Job

Child Custody Addiction Treatment

Education



Mental Illness

Most participants reported:

Women's Past Experiences





No High School **Foster Care**





Trauma

Justice Involvement

none

Risk of Prenatal Alcohol Exposure

Before 100%



After 37% * by either abstaining or using reliable birth control ^

While in the program:

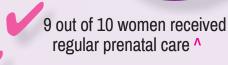
- twice as likely to maintain abstinence for at least 6 months ~ ^
- 5 times more likely to use reliable birth control ~ ^
- increased use of community services: food banks ~ ^, clothing and basic needs ^, housing ~ ^, mental health services ~ ^, parenting support ^
- 4 out of 10 enrolled in an education or training program ^

Prenatal Alcohol Exposure:

Early Substance Use

Pregnancies that began after program start

exposure **15%** throughout 30% early exposure (quit at 9 weeks on average)



babies increased their connection to health care services into childhood ~ ^

"I want them to have a childhood where they don't know their mom as an addict. I want to be there for all the bake sales, I want to be there for all the field trips . . . and I want them to know that they always know where mom is, that security, right? That's what I want and that's what I'm going to give them" +

4 out of 10 participants say they want to stay in the program longer than the three year period ^

The **InSight** program is **HALF** the cost of maintaining an infant in the child welfare system for the first year of life*.

*based on basic infant rate: Winnipeg CFS

100 referrals a year

240 women and their families can join at a time.

7 locations: Thompson, Flin Flon, The Pas, Dauphin, Portage La Prairie and in Winnipeg, the Aboriginal Health and Wellness Centre and NorWest Co-op Community Health.

"The best part of this program has been learning how to keep myself and my baby safe. I've been able to take care of our basic needs, I've found a way to get information when I need it and I'm going to be starting college soon" +

For more information visit manitoba.ca/fs/fasd/insight

- InSight Program Evaluation Report, Healthy Child Manitoba, 2015
- Long-term Outcomes of Manitoba's InSight Mentoring Program, Manitoba Centre for Health Policy, 2015
- + The Experiences of Women Involved in Mentoring; Evaluation of FASD Prevention Mentor Programs, Canada FASD Research Network, 2012

